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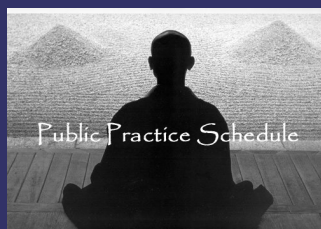
November 4, 2014

HSZC.org



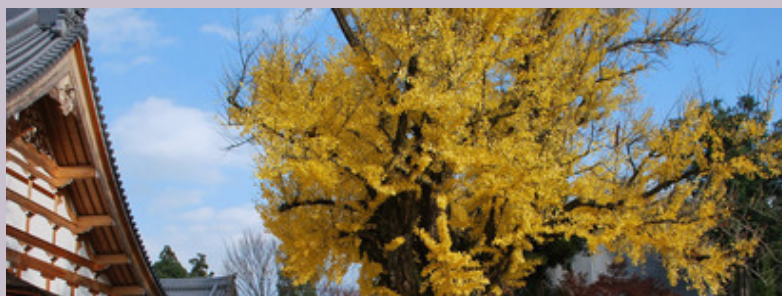
Please help support Our Temple,
Dharma Study, Resident Student
Program & Our Practice Schedule &
Programs offered to the Public.

**Donations are tax
deductible**



PLEASE NOTE! There is an
additional Study Period
Schedule running at the same
time as, and including this
schedule until Dec7th!

Sangha e-Newsletter 2014



Punyayashas

Circumstances

The master was from the kingdom of Kashi (Magadha). His family was Gotama and his father Ratnakaya. When the Venerable Parshva first arrived in Kashi, he paused beneath a tree, pointed to the ground with his right hand, and said to the monks, "When this ground turns golden color, a wise man will appear and join the congregation." As soon as he finished, the ground turned a golden color. At the same time, someone named Punyayashas, the son of a rich man, appeared before Parshva and stood with folded hands. The **Venerable**

Parshva said in his verse:

*The ground has turned golden color,
Showing the appearance of a wise man.*

*He will sit at the tree of awakening
Where enlightenment will flower and reach completion.*

Monday

*7:00 am Zazen

*7:40 am Morning Chanting Service

***Last Monday of each month, no morning schedule.**

6:00 pm Zazen

6:40 pm Evening Chanting Service

Tuesday- Friday

6:00 am Zazen

6:40 am Kinhin (walking meditation)

6:50 am Zazen

7:20 am Chanting Service

7:40 am Soji (brief temple cleaning)

6:00 pm Zazen

6:40 pm Chanting Service

Thursdays Study Hour 7:30pm**Saturday**

6:30 am Zazen

7:10 am Chanting Service

7:25 am Soji

8:30 am Drop-in instruction

9:25 am Zazen

10:15 am Dharma Talk

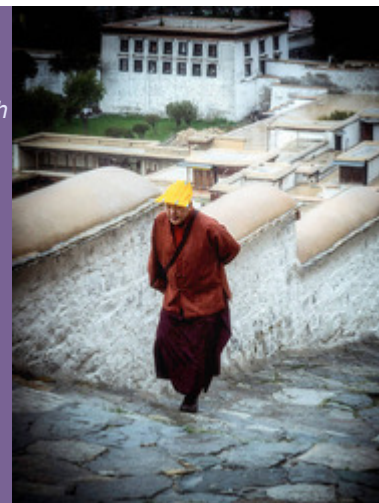
11:00 am Refreshments/Social

Punyayashas replied in verse:

*The Master sits on the golden earth
Always preaching the genuine
truth.*

*The light [of his wisdom] turns
around and illuminates me
And makes me enter Samadhi.*

The Venerable [Parshva] understood his thoughts, made him a monk, and gave him the complete precepts.

**Teisho**

In this story, Punyayashas was originally a wise man. For that reason he said, "my mind does not go, my mind does not stop and all Buddhas are likewise so "However this is a dualistic view and the reason is that he understood "my mind is thus" and "all Buddhas are thus." Therefore the Venerable Parshva "drove off the plowman's ox and snatched away the hungry man's food." Even those who try to attain the Way are unable to help themselves, so how much less can one depend on [some external reality called] "all Buddhas"? Therefore Parshva said "You are not all Buddhas."

This cannot be understood through reason, nor can it be discerned though [such concepts as] "the formless." It cannot be understood through the wisdom of all Buddhas, nor can it be figured out through your own intelligence...

From: [The Record of Transmitting the Light](#) Zen Master Keizan's Denkoroku TR.
[Francis Dojun Cook](#)



September 15, 2012 @ HSZC - a post Jukai reception with Richard, Craig & Conor



Upcoming Events:

Dharma Talks - [Rev. Myō Lahey](#) - Nov 8,22, Dec 5,20, Jan 3,2015
@10:15am

Guest Speaker Saturdays - November 1 [Jisan, Tova Green](#);
November 15 [Daiko Tanzen, David Bullock](#); November 29 [Anshi Daigi, Zachary Smith](#),
December 13 [Kokyo Henkel](#) December 27 [Tokuden Shinki, Mark Lancaster](#)

Full Moon Ceremony - Saturday, November 8 @ 11am - the Full Beaver or Frosty Moon

Winter Study Period - kicked off on Sejiki (October 25) and runs through Rohatsu and the Winter Light 5 day retreat (to December 7th).
[Look below for details!](#)

Sangha Council - November 8th @ noon, Last session: August 16, 2014



weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
Thursdays & Fridays

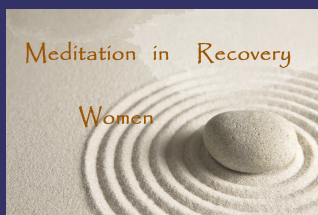
10:30 am zazen

11:00 am garden socializing



weekly meditation group for men & women in recovery from addiction

Fridays, 7:30 pm - 9 pm



Founder's Memorial - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

Study Hour - Thursdays @7:30pm: the Vimalakīrti Sūtra, also called Vimalakīrtinirdeśa Sūtra. There are multiple translations, we focus a bit on the Dr Robert Thurman version, but welcome any version to compare the translations. We can share books for anyone who wants to join in, or feel free to purchase a copy and join us (many are very low cost online). Check our twitter page for any changes in schedule.

Next Board of Directors' Meeting - Second Wednesdays of the month November 12 @ 7:30pm You're welcome to attend & observe.

Winter light Retreat (Rohatsu timing) & Bodhi Day - The Winter light Retreat Begins December 3rd and ends with a [Bodhi Day](#) Celebration, also marking the end of the Study Period, Sunday Dec 7th. More details on the Winter light Retreat Participation/attendance below.

Closure & Schedule Changes coming up!

No Morning (only) Zazen & Chanting/Service on the Last Monday of every month

October 27th (no morning only) Zazen or chant offering
November 27th & 28th for Thanksgiving National Holiday

FALL STUDY PERIOD -

We would like to invite YOU to still join the in progress, Fall Study period @ HSZC!



Periods of focused practice are an ancient and vital part of Buddhist, and especially Zen, tradition. During the Study Period and Winter Light Retreat we will have an opportunity to focus on meditation and inner reflection, deepening our practice of the Buddha Way together.

(Women only)
monthly meditation group for
women in recovery from addiction.

First Thurs, 7:15 pm -8:45 pm

Modeled on the traditional [90 Day Ango \(Practice Period\)](#) the Study Period will include opportunities for private interviews with Rev. Myo (dokusan), lectures and special ceremonies, as well as semi-formal meals ([oryoki](#) influence style, formal breakfast), teas, and additional periods of meditation.

[Click here for details & how to sign up!](#)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-----------------|--------------|-----------------|----------------|-----------------------|--------|
| 7:00am zazen | 6:00am zazen | 6:00am zazen | 6:00am zazen | 6:00am zazen | 6:00am zazen | |
| 7:40 service | 6:40 kinhin | 6:40 kinhin | 6:40 kinhin | 6:40 kinhin | 6:40 kinhin | |
| | 6:50 zazen | 6:50 zazen | 6:50 zazen | 6:50 zazen | 6:50 zazen | |
| | 7:20 service | 7:20 service | 7:20 service | 7:20 service | 7:20 service | |
| | 7:40 soji | 7:40 soji | 7:40 soji | 7:40 soji | 7:40 soji | |
| *** lecture dates 10/27, 11/10, 11/24 | | | | | | |
|  | | | | | | |
| | | | | | 8:00 formal breakfast | |
| | | | | | 9:25 zazen | |
| | | | | | 10:15 lecture | |
| | | | | | 11:00 kinhin | |
| | | | | | 11:10 zazen | |
| | | | | | 11:50 service | |
| | | | | | noon - tea & cookies | |
| 6:00pm zazen | 6:00pm zazen | 6:00pm zazen | 6:00pm zazen | 6:00pm zazen | | |
| 6:40 service | 6:40 service | 6:40 kinhin | 6:40 service | 6:40 service | | |
| 7:00 lecture*** | 7:00 Sangha Tea | 6:50 zazen | 7:30 Study Hour | 7:30 Shuso Tea | | |
| | | 7:20 service | | | | |

Words From Our Abbot: Rev Myō Lahey

...There are four efforts that are conducive to happiness, non-trivial happiness and one of those is when there is some kind of unwholesome arising is there you try to remove the conditions supporting it. And if there isn't something unwholesome arising, you try to see it to that the conditions for unwholesome arising do not assemble. So from this point of view throwing [something in frustration] is backwards, that's the wrong direction; instead of throwing [something in frustration] I should remind myself to remove the conditions of "grabiness" by breathing and relaxing, and letting the whole body go, letting the whole mind just go. This is far more effective than saying ugly things to a legislator or throwing something or hitting somebody; and it moves in the direction that is away from bondage towards freedom.

Very difficult for us to get this because we have this notion, that has leeches into the popular culture, from certain uncritical thinking about psychology. We need to seek the opportunities for catharsis. And in fact some guys who used to meet here, down here, like Tuesday evenings or something, they made a

verb out of that and they said part of our evening together is that we “cathart”. And I thought oh you “cathart” and anyway it seems to consist of, I would hear them from upstairs, and they would be hoping around and howling and pounding on the floor and I think beating up the zafus which I was not so happy about. And this was supposed to somehow, like you know, I guess draining a wound and in my experience although I think I use to like that, I can't, I don't have enthusiasm for that any more.

I find that instead the approach of not enhancing or aggravating the conditions for disagreeable states of mind and body are far more effective. Even though our whole practice, our approach to dharma is based on a <s word couldn't make out> mudra, is based on this notion that there isn't any time out every step and breath, every thought is an integral piece of the whole universe...

[HSZC Dharma Talk 08 07 2004](#)



* [Tom Hawkins 2014](#)

Hartford Street Zen Center's annual Winter Light Retreat begins Wednesday evening, December 3, 2014 and ends at noon on Sunday, December 7 after our annual ceremony celebrating Buddha's

Enlightenment.

Everyone is welcome to join us for any of the scheduled sittings, talks and services in our zendo (meditation hall) from 6:00 am until 9:30 pm. [Click here to see the schedule.](#)

If you plan to attend meals and/or stay at our temple, please email hszc108@yahoo.com to sign up or ask additional questions. *Winter light Retreat only (not including the fall study period) attendance is \$85 members \$95 non-members*



* [Tom Hawkins 2014](#)

Prisoners who are Buddhist or Buddhist Interested, need you!

From Rev Jeffrey Schneider of SFZC:

Every month we get letters from prisoners all over the United States, asking for information about Buddhist practice, for books and to be connected with a Buddhist pen pal. Every letter is answered personally, books and articles are sent out at no cost (both to individuals and to prison libraries) and we make every effort to pair prisoners and volunteer pen pals.

I am writing to ask that you make known to your sangha members <<you!>> the opportunity to participate in this work by becoming volunteer pen pals. As our prisoners are spread out across the country, so are our volunteers. All letters come to SFZC and are forwarded to the volunteer. The identity and location of the pen pal is protected.

As someone who has been a pen pal for many years, (long before I assumed the position of coordinator), I can attest that the opportunity to make a positive difference in the life of another person, at so little cost to myself in terms of time and effort, is a rare gift. I have received many times what I have given.

To offer the gift of support to another Human being and build a friendship through written correspondence, please reach out to Jim Shalkham at: jim_shalkham@yahoo.com

Other Holidays or LGBTIQ Events:

Daylight savings ended - Nov 2nd

Election day - Nov 4th

Thanksgiving - Nov 27th

Bodhi Day! - Dec 8th

Christmas - Dec 25th

New Year's Eve - Dec 31

New Year 2015 - Jan 1, 2015

[Additional LGBTQI Events](#) - OR - [found Here](#)



* [Tom Hawkins 2014](#)

From The Library of Hartford Street Zen Center:

Below is a summary of some new books in our library!

Living by Vow: A Practical Introduction to Eight Essential Zen Chants and Texts by Shohatsu Okamura

This immensely useful book explores Zen's rich tradition of chanted liturgy and the powerful ways that such chants support meditation, expressing and helping us truly uphold our heartfelt vows to live a life of freedom and compassion. Shohaku Okumura guides us like an old friend, speaking clearly and directly of the personal meaning and implications of these chants, generously using his experiences to illustrate their practical significance. A scholar of Buddhist literature, he masterfully uncovers the subtle, intricate



* [Tom Hawkins](#)

web of culture and history that permeate these great texts. Esoteric or challenging terms take on vivid, personal meaning, and old familiar phrases gain new poetic resonance.

The Third Turning of the Wheel: Wisdom of the Samdhinirmocana Sutra by Reb Anderson

According to Reb Anderson, the main purpose behind this enigmatic sutra is to reconcile the apparent contradictions between the original teachings of the historical Buddha and the later teachings of Mahayana Buddhism. Anderson reflects on the great metaphysical questions proposed in the Samdhinirmocana Sutra—the nature of ultimate reality, the structure of human consciousness, the characteristics of phenomena, the stages of meditation, and the essential qualities of a buddha—with the clarity of a scholar and the insight of a practitioner.

Dogen's Genjo Koan: Three Commentaries

Commentaries by Shunryu Suzuki, Shohatsu Okamura, Uchiyama Kosho, Sojun Mel Weitsman, Kazuaki Tanahasi, Michael Wenger

Eihei Dogen Zenji (1200–1253) was deeply involved in monastic methods and in integrating Zen realization into daily life. He worked on The Shobogenzo over his entire life, revising and expanding, producing a book that is today thought to be one of the highest manifestations of Buddhist thought ever produced. The Genjo Koan (Actualization of Reality) is the first chapter in that book, and for many followers it might be thought to contain the gist of Dogen's work—it is one of the groundwork texts of Zen Buddhism. This book is a unique edition that contains three separate translations and several commentaries by a wide variety of Zen masters.

The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women by Zenshin Florence Caplow and Reigetsu Susan Moon

The Hidden Lamp is a collection of one hundred koans and stories of Buddhist women from the time of the Buddha to the present day. This revolutionary book brings together many teaching stories that were hidden for centuries, unknown until this volume. These stories are extraordinary expressions of freedom and fearlessness. In these pages we meet nuns, laywomen practicing with their families, famous teachers honored by emperors, and old women selling tea on the side of the road. Each story is accompanied by a reflection by a contemporary woman teacher. These are the voices of the women ancestors of every contemporary Buddhist.

All Photos of Tibet were provided by [Tom Hawkins](#) from his and Rev Myo's recent trip to Tibet. Deep Bows to Shogen, Tom for regularly helping the newsletter have visual interest and beauty!

Seeking a **LGBTIQQ, Buddhist space for your wedding?** HSZC & Abbot Rev. Myō Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myō can perform weddings! Please email

hszc108@yahoo.com, call us, or a better way yet is to stop in & discuss



during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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415.863.2507

Please submit stories, reflections, personal news, artwork & photography for future newsletters to

KeiDo at tetsugen.keido@yahoo.com

May this newsletter find you well & equanimous! __/|__